

Turner Martial Arts Center

NEC Of Val Vista & Elliot (480) 813-9760

Effective Date: Monday 7-05-10

CLASS	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Dragon Beginner	4:30-5:00 (1)	5:00-5:30 (1)	5:30-6:00 (1)	4:30-5:00 (1)	5:30-6:00 (1)	9:00-9:45 (1)
Dragon Intermediate	5:00-5:30 (1)	5:30-6:00 (1)	4:30-5:00 (1)	5:00-5:30 (1)	5:30-6:00 (1)	9:00-9:45 (1)
Dragon Advanced	5:30-6:00 (1)	4:30-5:00 (1)	5:00-5:30 (1)	5:30-6:00 (1)	5:30-6:00 (1)	9:00-9:45 (1)
White	6:00-6:45 (1) Sparring	4:30-5:15 (2)	6:00-6:45 (1) Sparring	6:00-6:45 (1)	6:00-6:45 (1) Sparring	9:00-9:45 (2)
Gold	6:00-6:45 (1) Sparring	4:30-5:15 (2)	6:00-6:45 (1) Sparring	6:00-6:45 (1)	6:00-6:45 (1) Sparring	9:00-9:45 (2)
Orange	6:00-6:45 (1) Sparring	6:45-7:30 (1)	6:00-6:45 (1) Sparring	4:30-5:15 (2)	6:00-6:45 (1) Sparring	9:00-9:45 (2)
Green	6:00-6:45 (1) Sparring	6:00-6:45 (1)	6:00-6:45 (1) Sparring	6:45-7:30 (1)	6:00-6:45 (1) Sparring	9:45-10:30 (1)
Purple	6:00-6:45 (1) Sparring	6:00-6:45 (1)	6:00-6:45 (1) Sparring	6:45-7:30 (1)	6:00-6:45 (1) Sparring	9:45-10:30 (1)
Blue	6:00-6:45 (2) Thai Boxing	5:15-6:00 (2) CHKD	6:00-6:45 (2) Thai Boxing	5:15-6:00 (2) CHKD	6:00-6:45 (2) Thai Boxing	9:45-10:30 (2)
Red	6:00-6:45 (2) Thai Boxing	5:15-6:00 (2) CHKD	6:00-6:45 (2) Thai Boxing	5:15-6:00 (2) CHKD	6:00-6:45 (2) Thai Boxing	9:45-10:30 (2)
Brown	6:00-6:45 (2) Thai Boxing	5:15-6:00 (2) CHKD	6:00-6:45 (2) Thai Boxing	5:15-6:00 (2) CHKD	6:00-6:45 (2) Thai Boxing	9:45-10:30 (2)
Black	6:00-6:45 (2) Thai Boxing	5:15-6:00 (2) CHKD	6:00-6:45 (2) Thai Boxing	5:15-6:00 (2) CHKD	6:00-6:45 (2) Thai Boxing	9:45-10:30 (2)
BBC/MC Gold - Black	5:15-6:00 (2) Forms		5:15-6:00 (2) CHKD / Rev		5:15-6:00 (2) Combos	
BBC Weapons		6:00-6:45 (2)		6:00-6:45 (2)		10:30-11:30 (1&2)
BBC Comp. Forms						11:30-12:30 (1)
Kids Thai Boxing	6:00-6:45 (2) Thai Boxing		6:00-6:45 (2) Thai Boxing		6:00-6:45 (2) Thai Boxing	
BJJ	6:45-7:45 (2)	8:30-9:30 (1&2)	6:45-7:45 (2)	8:30-9:30 (1&2)	6:45-7:45 (2)	11:30-12:30 (2) Open Mat
Hapkido	6:45-7:45 (1)	6:45-7:30 (2)	6:45-7:45 (1)	6:45-7:30 (2)	6:45-7:45 (1)	11:30-12:30 (2) Open Mat
Thai Boxing	7:45-8:45 (1&2)	7:30-8:30 (1&2)	7:45-8:45 (1&2)	7:30-8:30 (1&2)	7:45-8:45 (1&2)	11:30-12:30 (2) Open Mat

Private Lessons: Everyone is allowed 1 private a week!
Privates are a privilege, not a right and are first come first serve!
Sparring Gear: Hands, Mouthpiece, Head, Foot, Shin, Groin cup
Beginner Dragons: White - Orange
Intermediate Dragons: Green - Purple
Advanced Dragons: Blue - Red
Thai Sparring Gear: Wraps, Gloves, Shin, Head, Mouthpiece
Thai Boxing Gear: Wraps, Gloves & Shin
Class for Junior Green: Gold
Class for Junior Purple - Brown: Orange

Visit our web page at

www.gilbertmma.com

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